Vancouver metro

Your essential daily news | WEDNESDAY, JUNE 15, 2016

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GETTY IMAGES

‘THIS IS NOT A HUNTING GUN’

B.C. MP wants to loosen laws on semi-automatic rifle — like the one used in Orlando

metroNEWS

Homemade dentures prompt court action

COURT

Documents allege false teeth made from modelling clay

Dental regulators in B.C. have asked the province’s Supreme Court to shut down what they allege is an unlicensed denture-fabrication business operating in the Vancouver area.

The College of Dental Surgeons, College of Denturists, and College of Dental Technicians have filed a petition in B.C. Supreme Court asking that Matthew Ronald Block be stopped from taking money and providing services that are only allowed to be conducted by their members.

Court documents allege Block is making false teeth from modelling clay, which he advertised online as a “long-lasting, safe alternative” until the customer can afford a dentist. Each handmade tooth costs $100, according to copies of the advertisement filed with the petition.

The documents allege Block isn’t authorized to do the work of a regulated health profession.

Court documents say evidence was gathered by a private investigator hired by the College of Dental Surgeons.

An affidavit from investigator Michael Lantz says that Block confirmed he was not a dentist when he contacted the man by email in August 2015 to make an appointment.

When he arrived at Block’s apartment in Richmond, B.C., he observed impression trays made of aluminum foil and was informed an artificial tooth could be made in about an hour, Lantz says in an affidavit.

The document says Block told him it would be “no problem” to fill two spaces where he was missing teeth and that he used a non-toxic, oven-baked polymer clay to make the teeth.

“(Block) explained that he bakes the imprint in his oven, then shaves it down to form the shape of a tooth. He states he then paints it with a glaze made by the same company as the modelling clay to make it look like a tooth,” Lantz says in the affidavit.

Block also said he made a tooth for his girlfriend, which she had been wearing for four years, the documents say.

The affidavit says Lantz later researched the clay and discovered it is commonly used in arts and crafts. He also learned it is not recommended for items that will come into contact with food or beverages.

He says in the affidavit that he watched Block put on dirty black latex gloves and begin to knead the clay, at which point he declined to proceed with the procedure.

Block could not immediately be reached for comment. None of the allegations has been tested in court. THE CANADIAN PRESS

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Your essential daily news

Maple syrup hits sweet year with 4.2M gallons produced in U.S. and 13.5M gallons in Canada.

IN BRIEF

Sex assault allegations investigated at SFU

Simon Fraser University says it acted swiftly on sex assault allegations against a student, but a professor is accusing the school of mishandling the case and causing two young women to drop out.

University officials said RCMP were investigating after three allegations of sexual assault were made last semester by three female students against a male student.

Professor emeritus Marjorie Griffin Cohen said not nearly enough was done. She said she knows one of the complainants. "Everywhere she went, she was seeing him, which was quite terrifying," Cohen said. THE CANADIAN PRESS

Good Samaritan assaulted for SkyTrain intervention

A Good Samaritan was punched in the face after trying to protect a woman on a SkyTrain from three men who allegedly threatened to follow her and made jokes about raping her. The incident occurred June 9 on a Millennium Line train in Burnaby, according to Transit Police. The men called out at a woman that they were going to follow her home. One of the men sat down beside her and joked with his friends about raping her. The Good Samaritan told one of them to leave her alone. They followed him off the train and allegedly punched him in the face. WANYEE LI/METRO

Traffic not an issue for Playland expansion

SLUGLINE

PNE seeks $1.5M from city to produce enhanced plan

Matt Kieltyka
Metro | Vancouver

The chief operating officer of the Pacific National Exhibition tried to allay Vancouver city council concerns Tuesday that an expanded Playland theme park would bring more traffic headaches to the surrounding community.

Parking is already a major problem for the city during the annual fair at the PNE in late August, but its CEO, Michael McDaniel, doesn't expect the situation to get any worse over the entire summer should Playland secure a $120-million loan from the city to expand the amusement park to 22 acres (it's currently 15) and convert it into a full-fledged theme park.

"The only time that we have the demand that overflows supply right now is during the Fair," said McDaniel. "In terms of the Playland operating season, there is ample supply. In the Hastings Park master plan, there is a parking plan. It does address the needs that are there today."

McDaniel also said the PNE is open to discussing a possible West Coast Express station near the fairgrounds as a possible solution.

The commuter train line is "right by our doorstep," he said.

Preliminary estimates presented to the city predict an expanded Playland would boost total revenues from $50 million to $80 million a year and increase the amount of year-round visitors (which includes Playland, PNE and Fright Nights) from 1.1 million to 1.6 million.

The majority of that increase would be visitors from within the region, council heard.

Council heard the city — if it chooses to approve the expansion — could expect to be paid back within 17 years if the revenue and attendance revenues are accurate.

The worst-case estimate is 33 years.

But first, the PNE is asking for $1.5 million to develop detailed design and costing plans and to produce an implementation and funding strategy to build out a full business plan for the park.

"The plan you see in front of you right now ... will require more work," said McDaniel. "They really are conceptual designs."

Council is expected to hear from speakers and vote on the expansion plans in principle (including the $1.5 million to develop further plans) Wednesday.

McDaniel said it would then take eight to 12 months to come back to council with a more detailed plan for final approval.

An artist's concept drawing of a proposal to expand Playland into a full-fledged theme park.
COURTESY PNE

JOYCE-COLLINGWOOD

City wants housing by station

Up to 2,800 new residents could be moving into the two blocks surrounding Joyce-Collingwood SkyTrain station, according to Vancouver staff.

City council was presented with an update on the Joyce-Collingwood precinct plan on Tuesday, which calls for the rezoning of 150 single-family homes, new mixed-use high and mid-rise buildings, and a score of other changes to the 30 acres around the station to take advantage of its proximity to rapid transit.

"This plan does allow for a range of housing types, from small seniors' units to townhouses for families," said city planner Paula Huber.

Staff say the idea is to have taller buildings (up to five towers) closer to the station and gradually shift to mid-rise apartments and townhomes further out.

Up to 30 per cent of the new homes could be non-market affordable housing, staff believe.

Council heard 57 per cent of the area's residents already rely on public transit and that the precinct plan intends to leverage planned SkyTrain station and bus loop improvements.

The plan also calls for more storefront spaces and improved pedestrian connectivity.

"What you're trying to achieve with transit-oriented development is a clustering and an intensity of use that gets as many services as close to home as possible so that it opens up opportunities to walk to more services, to own less cars and to use transit," said assistant director of planning Kent Munro. MATT KIELTYKA/METRO

"There is a huge demand for Recreation Professionals, particularly working with seniors."

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DRUGS

Fentanyl workshop aims to help first responders

Wanyee Li
Metro | Vancouver

Fentanyl is so toxic that even the accidently breathing-in of fentanyl dust that's been kicked up into the air could cause a fatal overdose, a drug expert says.

That's why police in B.C. have created a series of workshops they hope will both protect first responders from the potent drug but also teach them more about how to save lives when faced with an overdose.

"Generally its about 100 times more potent than heroin – therefore there is very little room for error with exposure when it comes to fentanyl," said Staff Sgt. Conor King with the Victoria Police Department. He, along with other police officers in B.C., started developing the workshop in March.

Ninety first responders, ranging from police officers to paramedics to border services agents are attending this week's workshop in Victoria. There are even law enforcement officials from New York City attending, according to King.

He says this is one of only a few instances he knows of where such a wide spectrum of first responders has come together on a specific issue.

"The fentanyl situation touches all of those professions," he said.

"Certainly what we've seen is there is a high level of interest in people learning about how to deal with this stuff safely."

Experts at the workshop will also go over how to safely handle W-18, an even more toxic opioid that made its first police-recorded appearance in B.C. this month.

More than 190 people have registered for the next workshop, scheduled for June 28 and 29 in Vancouver, according to King.

The B.C. government is funding the two-day workshops using money from its Civil Forfeiture Office.

A member of the Connecticut State Police holds up a Bushmaster AR-15 rifle. JESSICA HILL/AP PHOTO

MP facing backlash

GUN LAWS

Bob Zimmer sponsoring assault rifle petition

David P. Ball
Metro | Vancouver

Smithers-area MP Nathan Cullen took a fellow northern B.C. politician to task Tuesday for sponsoring a petition that would make it easier for Canadians to get their hands on a semi-automatic rifle like the one used in the Orlando massacre and other U.S. mass shootings.

Cullen argued that Conservative backbencher Bob Zimmer's support for reclassifying the AR-15 rifle — a civilian version of the U.S. Army's M-16 assault weapon — as an unrestricted hunting gun is "not defensible."

"Hunters I know don't use this gun for hunting," the New Democrat told Metro in a phone interview. "You certainly wouldn't use it in your practice as a farmer.

"This is not a hunting gun. It's designed to do what it did in Orlando, which is to kill people — and not just Orlando, but San Diego and Sandy Hook."

Contrary to many media reports since Sunday's Pulse gay bar massacre, the main gun the shooter used was not in fact a Colt Armalite Rifle (AR-15), but another company's adaptation of the popular firearm — a Sig Sauer MCX carbine.

Regardless of the name, however, both weapons are civilian versions of the U.S. military assault rifle M-16, and can be modified easily, but illegally, to make them fully automatic. In Canada, restricted weapons can be fired only at authorized ranges, can fire only five rounds, and require strict permits.

Zimmer, representing Prince George-Peace River riding, sponsored the petition through a new electronic system launched last year, and presented it in Parliament on May 13. He did not respond to Metro's interview requests Tuesday.

The petition calls upon the public safety minister to give the AR-15 "non-restricted status so we can once again use this rifle to lawfully participate in the Canadian cultural practices of hunting."

> **Any argument that says this is simply a hunting weapon probably hasn't been hunting lately.**
> Nathan Cullen

But Vancouver Centre MP Hedy Fry said the government has no plan to heed the petition or re-classify the AR-15, and aimed to balance public safety with the "right of legitimate gun owners" to own firearms.

"We've given the decision over what rifle categories are in to the RCMP," she told Metro in a phone interview.

"They understand guns and the use of guns. They have at the moment decided this gun should not be used by farmers or hunting."

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'My wife makes me angry'

CAMPAIGN

Program gives counselling to abusive men

Yvette d'Entremont
Metro | Halifax

Wendy Keen, executive director of New Start Counselling, unveils their poster campaign on Tuesday in Halifax. JEFF HARPER/METRO

Three stark black and white posters with powerful messages were unveiled Tuesday at Halifax Regional Police headquarters ahead of a panel discussion about men's violence against women.

"My wife makes me angry so I push her. My son makes me angry so I push him. I'm angry that I can't be a better man," states one of the posters.

The launch of New Start Counselling's 'On being a better man' campaign raised questions about funding for the organization that provides counselling for men who abuse their intimate partners.

The group received funding to create the impactful posters, but has no advertising budget.

Wendy Keen, executive director of New Start Counselling, said her program is struggling due to a lack of resources. Funded through a provincial operating grant of $235,000 a year, she said they've been forced to prioritize clients because they only have 2.8 full time counsellors.

"This work is so important because it's not just about men, it's about families," Keen said, noting they could triple their staff next week and still be busy.

As part of the panel discussion on men's violence against women, Halifax Regional Police Staff Sgt. Scott MacDonald announced they'd recently expanded their crime prevention unit to include a constable who will focus on domestic violence crime prevention.

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The man who sent the message to Fred Connors later apologized over Facebook, citing the tragic shootings at a gay nightclub in Orlando as changing his point of view. HALEY RYAN/METRO

Stranger says sorry to gay salon owner

ORLANDO

Neighbour had said he always hated Connors and his partner

Yvette d'Entremont
Metro | Halifax

On Monday morning, Fred Connors says he got a Facebook message from a stranger who said he'd always hated Connors because he was gay.

But the man went on to say he'd changed his views in light of the deadly attacks at Orlando's Pulse nightclub. The man, who said he lived on Connors's street, felt ashamed and wanted to apologize.

"This is 2016 and an adult male with children in my neighbourhood actually believed that there was something biblically wrong with me because I was gay," Connors said during a phone interview in between clients at his New York City salon.

"This led him to hate me and my partner and not support our business even though he saw the work we were doing in the community and the impact it was having. So what I do find is it often takes big tragedies to create paradigm changes."

The Halifax businessman said he was very touched by the message, and was glad the man had changed his way of thinking.

Like Connors, the man had been raised Catholic.

"This event did something for him much more than it did for me. Great. You don't hate me anymore, but my life isn't different," Connors said.

"Your life is, because you've stopped hating gay people just because you were told you should by your religion."

After receiving the Facebook message, he and his partner went for a stroll of New York City and were amazed by the reaction they received from strangers in the street.

"To see two queer guys in New York City holding hands and demonstrating affection for each other in a way that is probably similar to the way they do, people were literally stopping and noticing and thanking us," he said.

"I thought 'This is so weird that people are now noticing queer people on the street and showing them that they're appreciated because of this horrific, horrific, horrific crime that happened.'"

The Orlando tragedy has sparked a very important conversation, Connors said.

"Well over 1,000 people had engaged (with my post) and hundreds had shared and commented and I realized there is a conversation that isn't just about the people who died but also the way the world is reacting to it," he said.

"The conversation about this is now immense.... We as people on this earth are vulnerable as long as there are guns and fundamentalism running rampant."

'A GOOD MESSAGE TO RECEIVE'

The Facebook post Connors published after receiving a stranger's message on Monday:

At 11:16 a.m. this morning I received a Facebook message from a total stranger. He identified as a neighbour on Agricola Street and that he hated me because I was gay. He told me he watched the impact I was having and the community I was actively contributing to but he still hated me because I was gay. His religion told him so. The way he was raised enforced this hatred of gay people. He saw how Joel and I demonstrated how much we cared about where we live, the people around us and how we acted in the world but he could not walk through our door, come to our cafe or support us because we were gay. This morning he apologized and felt shame. He told me the events in Orlando shocked him and that I helped him change the way he saw the world. He told me I helped him realize we are all part of the human family. This was a good message to receive today.

"This event did something for him much more than it did for me."
Fred Connors

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metro VIEWS
Your essential daily news
Wednesday, June 15, 2016

ROSEMARY WESTWOOD
ON AMERICA'S DIVISIONS

The concept of a national conversation was lost somewhere along the way to the reality of a national stalemate. And that is fairly terrifying.

In Louisiana, where temperatures hug the low-30s and 80 per cent humidity regularly thickens the air, it's apparently not enough to be on death row.

State officials there have spent $1 million fighting a court order to install air conditioning (more than the cost of said air conditioning), by arguing prisoners can make do with cold showers.

No air conditioning. In Louisiana. On death row. It's a bad joke, except it's actually a headline. And that is the case so often in America these days. When Donald Trump — waving his golden scepter and adjusting the TRUMP crown on his head — pulled press credentials from the entire Washington Post this week, it was a move without precedent that should signal to Trump's followers just how little he cares about freedom. In this case, of the press.

Trump banned the "phony and dishonest" Post after it ran a story about Trump's conspiracy-theory suggestion that President Barack Obama may be somehow involved with the Orlando shooting. That statement, too, should signal to Trump's followers all the sunbathing has finally given Trump perpetual sun-stroke, to the point that he sees Daesh sympathy in a man condemned internationally for going too far (in particular with drone strikes) to kill terrorists.

But then we have to ask: What are Trump supporters actually thinking about all this? And what we've learned in the last year is, they're not really thinking at all. They just love Trump, whatever he says. And the crazier it gets, well, the crazier it gets. It's brand power the Queen would envy. And it suggests a definable, if also unknowable, group who can't be reached by reason or reportage. How big that group is, we may never know. But it was big enough to earn him the Republican nomination.

What are Trump supporters actually thinking about all this? What we've learned in the last year is, they're not really thinking at all.

Penny Milligan, of Morganton, N.C., shows her support for Republican presidential candidate Donald Trump outside a rally in Greensboro, N.C., on Tuesday.
CHUCK BURTON/THE ASSOCIATED PRESS

More generally, the attacks in Orlando have revealed not just deep, but perhaps insurmountable ideological differences among Americans. While Hillary Clinton hammers home the need for gun control, and comedian Samantha Bee slams Florida's governor for his inaction, Trump doubled down on the need for more guns (apparently so Americans can battle it out against terrorists in the streets), a tactic the New York Times warns could actually secure him some needed votes from less educated white Democrats.

That Trump stands to actually gain more support, after all we've seen, genuinely baffles me. But Americans undoubtedly know better. The concept of a national conversation was lost somewhere along the way to the reality of a national stalemate. And that is fairly terrifying. In this era of intractable difference, are there any minds still open to change? And what does that say for the shared experiment that is America?

I consider it a human duty to be able to relate to others, or at least to try. And I'm failing, because I can't understand a person so "tough on crime" they can't even install air conditioning for a few dead-men-walking, or someone so afraid of controls on guns they'd rather live amid routine mass shootings via assault rifles.

And perhaps that confusion is also a Canadian thing. In the American era of Trump, of mass shootings, of bans on Muslims and attacks on abortions and a national uproar over trans people using bathrooms, I've never been faced with so much evidence that we are not at all the same.

America feels, more than ever, deeply unknowable, deeply foreign, and deeply stuck.

When numbers don't even begin to say it all

URBAN COMPASS
Petti Fong

If the event is horrific enough, a number can reach a threshold of becoming unbearable. For many of us this week, that number is 49.

For Wendy Hewitt, the number used to be 26.

A few weeks ago, we talked in a Key Largo, Fla., antiques store about everything from Princess Caroline of Monaco to Canadian snowbirds to Donald Trump to women supporters and suddenly, out of nowhere, Hewitt said: 26.

"Do you know what that number is?" she asked and answered herself. "That's the number from Sandy Hook."

Hewitt had grown up in Newtown, Conn., a place where she says no one thinks of the number 26 as anything else anymore.

It may still be under debate whether the Orlando shooting was terrorism-related directed from outside. It was without doubt hate-related.

Predictably and distressingly, outrageous, scary things said by outrageous, scary people emerged almost immediately. They do not merit repeating, much less, re-tweeting.

In the immediate aftermath, a few definite, undisputed facts. But it is in the days afterwards when numbers may rise and the uncertainties become heightened.

Within 12 hours of the shooting, the number 50 was most used among news organization to note how many had died.

A day later, by Monday, the number cited was 49 as law enforcement officials and the media began separating the deaths of the victims from the one death of the shooter.

The number 50 to 49 separately is a reminder of another threshold.

Another killer, one whose name is well known here in Canada, as the name of the Orlando shooter is now easily, comfortably familiar, spoke in his jail cell years ago about the number 50.

Using his fingers, the convicted killer held up five and then made a circle with his digit and his thumb to indicate zero. He had wanted to kill 50 but got stopped, he told his cell mate, when he hit 49.

During the trial of the Port Coquitlam man accused of six counts of first-degree murder, there was one familiar exhibit, a poster featuring rows upon rows of women's faces and their names underneath.

In 2002, during the police interrogation for the killer, that poster was brought into the room by then RCMP Staff Sgt Bill Fordy. It was placed in view of the murderer's eyesight but he never showed any reaction to any of the victims.

If there is a bit of justice in the world for those victims, their 50 names would be the ones written about, not the murderer's.

A tally gives weight but also diminishes the single one. When numbers are high enough, unforgettable enough, blind hope can't be counted on to stop another threshold from being reached.

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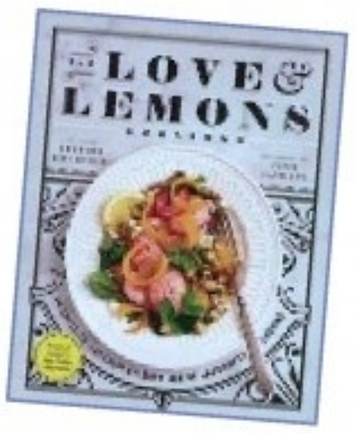
When life gives you lemons

INTERVIEW

Vegetarian recipes include bright notes of citrus flavours

Melita Kuburas
Metro | Canada



Eating vegetables will never go out of style.

"That can't trend out," says Jeanine Donofrio, creator of the Love & Lemons food blog who just released a cookbook that features all vegetarian recipes — an A to Z (or Apples to Zucchini) guide to cooking with plants.

Much like the nose-to-tail philosophy that meat lovers subscribe to, Donofrio is committed to wasting no part of the beloved plants she chops up.

"I try to think of what I have before I go back to the store," says Donofrio, who is from Austin, Texas. "I can make a whole thing of pasta with two leftover radishes and leftover spinach."

A perfect example of her commitment to reducing waste and saving money in The Love & Lemons cookbook (Viking, $35) is the Carrot-Ginger Grain Bowl, in which she uses the tops of the carrots in the meal.

But don't think using scraps makes the food look messy.

As a graphic designer, Donofrio thinks visually first. She left her job in 2011 to start the blog with her husband, and she collaborated with a former coworker on the book.

"I think of design elements like colour, pattern or texture when I'm creating a recipe. Also, I think about how it will look on the plate and how the flavours will work together," she says.

In that sense, the visually striking lemon theme is symbolic of her commitment to the esthetic. Most recipes do include a citrus component, however. "I like bright food so I generally find myself finishing things with a squeeze of lemon. Sometimes it's lime."

I thought of it in the middle of the night and I went to register the URL at 3 a.m. I was like, 'Oh that's it!"
Jeanine Donofrio, on LoveAndLemons.com

RECIPE FROM THE LOVE & LEMONS COOKBOOK

ROASTED CAULIFLOWER TACOS WITH CHIPOTLE CREAM

Serves 4.
Gluten Free

Ingredients:
- 1 medium head cauliflower, cut into small florets
- Extra- virgin olive oil, for drizzling
- 2 chipotle peppers from canned chipotles in adobo sauce
- 8 tortillas, warmed or grilled
- 1 medium avocado, sliced
- Cilantro
- 1 lime, sliced
- Sea salt and freshly ground black pepper

Ingredients for chipotle yogurt sauce:
- 7 ounces (200 g) full-fat Greek yogurt
- 1 chipotle pepper (from the can used above)
- 1 small garlic clove
- 1 teaspoon (5 mL) fresh lime juice
- 1 teaspoon (5 mL) extra-virgin olive oil
- 1 teaspoon (5 mL) honey
- Sea salt

Directions:

1. Preheat the oven to 400°F (200°C).

2. Line a large baking sheet with parchment paper. Add the cauliflower and drizzle with olive oil and a pinch of salt and pepper. Toss to combine. Working over the baking sheet, use your hands to break up 2 chipotle peppers, along with some of the adobo sauce. Toss again to coat the cauliflower, and roast for 25 to 30 minutes, or until golden brown.

3. Make the chipotle yogurt sauce: In a small food processor, combine the yogurt, chipotle pepper, garlic, lime juice, olive oil, honey, and a pinch of salt. Blend until smooth. Taste and adjust seasoning, adding more salt, pepper, and lime juice as desired.

4. Assemble each taco in a tortilla with a spoonful of sauce, the roasted cauliflower, and a slice of avocado. Serve with the cilantro and lime slices on the side.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Just Cuddle taps into millennial awkwardness

THE SHOW: Just Cuddle, S1, E4 (web series)
THE MOMENT: The waffles

A professional cuddler (Winter Tekenos-Levy) is with a client (Nancy Mamais) who recently learned she has a rare, debilitating brain disease.

(Both women are in their 20s.) The client plans to kill herself with painkillers and wants Cuddler to hold her as she takes them. But first she wants to use the waffle maker her aunt gave her. As they eat, Client asks Cuddler how she began cuddling. "English degree," she says. "Saw a Craigslist ad."

"Something more," the client says. Cuddler explains that when she was young, her uncle had MS. One day she was home alone with him and he called her name. "I could see he was in pain," she says. "I went into my room and shut the door. What kind of a person does that?"

The press release for this web series, created by Michael Kimber and Elias Campbell, was savvy enough to include an Atlantic magazine article about real-life cuddlers, who work for agencies with names like Snuggle Buddies and earn up to $80 (U.S.) an hour.

These webisodes (four so far) sound an alarm about, and offer a solution to, a type of anxiety that feels particularly millennial. The characters have tons of empathy for causes. Face to face, though, they find empathy awkward (and they hate awkward). Their lives are stuffed with virtual friends but starved for human touch.

Cuddler is an answer, especially because she's utterly non-judgmental. This series is the Beatles song Eleanor Rigby translated to digital video and Cuddler is a human safe space. Just Cuddle can be seen on vimeo.com.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Pro cuddler in Just Cuddle **(Winter Tekenos-Levy)**, left, with her client **(Nancy Mamais)** in web series Just Cuddle. CONTRIBUTED

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Battle of the barbecues

Skip the sausage when you're firing up the grill.

PICK THIS

Marc Angelo Sweet Chili Chicken Kabobs

Serving 2 skewers (6 oz)
Calories 180
Fat 3g
Saturated fat 0.6g

SKIP THIS

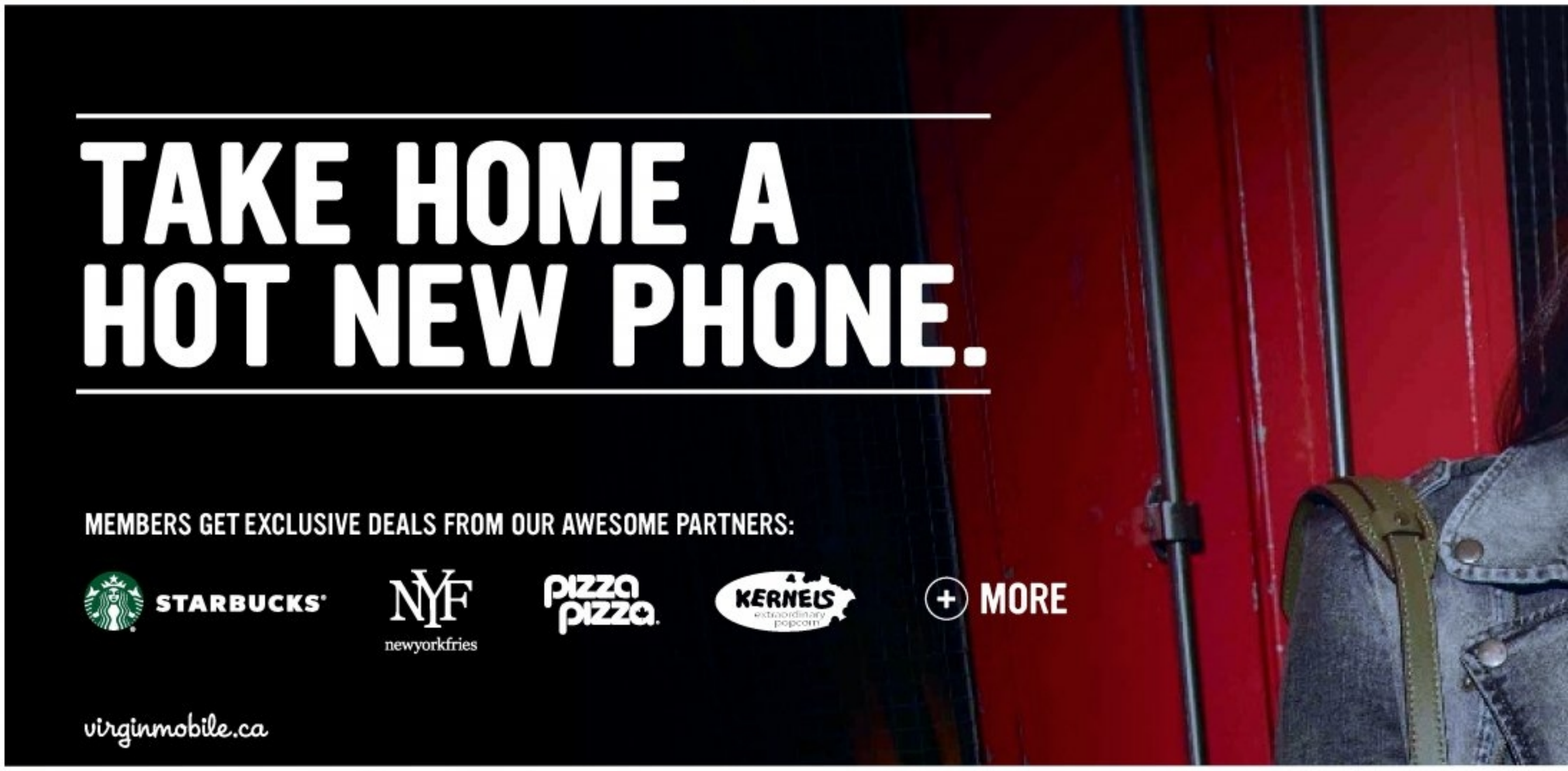
Chicken Sausage

Serving 1 sausage (5.2 oz)
Calories 448
Fat 39.1
Saturated fat 13g

HERE'S WHY

Equivalent to 2 Pepperoni Personal Pizzas from Pizza Hut in fat.

When the weather is warm, we all love to cook most of our meals outdoors on the grill. Meat sausages are a tasty favourite, but even a chicken version is far from a healthy pick. Sausages are made from fattier cuts of meat with added fillers and excess sodium. Skip them this summer, as they serve up more than half of your daily allowance of fat and saturated fat, as well as 2.5 times more calories than the kebobs!



Is it still art if no one can see or hear it?

CULTURE

Authors and movie makers will postdate release of work

From left to right: Margaret Atwood, Katie Paterson and Martin Shkreli. GETTY IMAGES/TORSTAR NEWS SERVICE

Some authors crave public adulation. Others are content to wait for it — even if it takes 100 years.

David Mitchell, the British author of the 2004 novel Cloud Atlas, is the second major writer to submit a manuscript to the Future Library Project, which will delay its publication until the trees in a Norwegian forest are mature enough to make the paper it'll be printed on, a century from now.

Mitchell, 47, won't be alive when the work comes out in 98 years. Neither will Canada's Margaret Atwood, 76, who gave a manuscript called Scribbler Moon to the project last year.

The project, which is the brainchild of Scottish artist Katie Paterson, began in the summer of 2014 when 1,000 trees were planted in Nordmarka, Norway, near the country's capital, Oslo.

The City of Oslo and a public corporation jointly sponsored the project and paid for the trees to be planted and for a special room in the city's Deichman Public Library where the manuscripts will be displayed. Paterson's plan is for an "outstanding" author to do the same — providing both a print and digital copy of a new book — every year until 2114.

The participating authors aren't the only ones embracing the concept of delayed gratification. Actor-director John Malkovich and director Robert Rodriguez recently released a teaser trailer for their film Years — the Movie You'll Never See, in which the actor says, with mock gravity, "Imagine the future."

Inspired by a fine bottle of Louis XIII cognac, the film has been sealed in a vault and will not be screened until Nov. 18, 2115. And in the marketing coup of the decade, hip-hop group Wu-Tang Clan produced a single copy of an album entitled Once Upon a Time in Shaolin, which the group announced it would sell to the highest bidder.

Along came hedge-fund entrepreneur Martin Shkreli, who paid $2 million for the album last November. Shkreli had become the face of corporate greed and one of the most hated human beings on the planet for buying a pharmaceutical company and hiking the price of a life-saving drug by 5,000 per cent.

Shkreli bragged he bought the album to "keep it from the people" and hasn't even listened to all of its 31 tracks.

Last December, a month after his purchase, Shkreli was arrested by the FBI and charged with seven securities fraud-related charges. A guilty verdict on all of them could keep Shkreli in jail for 100 years.

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metro WHEELS
Your essential daily news

With 1,000 horsepower, Mazzanti Evantra Millecavalli is Italy's fastest supercar

New Camaro is really, really fun

ALL PHOTOS COURTESY CHEVROLET

REVIEW

Fast, efficient, great sound — there's a lot to like here

Craig Cole
AutoGuide.com

Since my first Chevy Camaro encounter during a harrowing drive through an ice storm in Montana, I've driven it on a couple other occasions, though curiously only V6-powered examples. Chevy's eight-cylinder offering has eluded me, until now.

And it was worth the wait! SS models features GM's potent 6.2-litre LT1, a modern-day descendant of the original small block that was introduced back in the 1950s.

While practically every other automaker has abandoned pushrods in favour of overhead camshafts, this venerable V8 still uses 16 of the buggers to operate its valves. This configuration is a total throwback, but it delivers heady numbers, in this case, 455 horsepower and an equal amount of torque. That's 20 more thoroughbreds than the Mustang GT can supply, along with and almost an extra 82 kg-m of twist.

The Camaro's prodigious power is a given, but against expectations, the efficiency figures it's graced with are nothing to scoff at. Direct injection and variable valve timing help improve flexibility and fuel economy. When equipped with a six-speed manual transmission, like our test car had, the SS should return 6.8 kilometres per litre in the city, 10.6 km/L highway and 8.1 km/L combined, which is not bad at all.

The Camaro I spent a week with was equipped with 1SS trim, which is the most basic version that's available with a V8 engine. Honestly, it's the one I'd get if I were spending my own greenbacks because with cloth seats, a stick and no bulls—, it's incredibly straightforward.

With a lightweight body and tons of power, it can hit 97 km/h in the four-second range. In fact, it's scary fast. From a standstill you go first, second, 137, what's my bail be set at, your honor? Why do you need a Z/28 or a ZL1? Unless you literally live at a track, the SS model is more than enough.

Aside from its engaging dynamics, the sound this Camaro makes is also enthralling. It burbles and pops, rumbles and snorts like an uncorked race car, sounds that come courtesy of that optional exhaust system.

Beyond all of this, the Camaro's magnetic ride control system allows you to completely change the suspension feel, from smooth and supple to kidney-jolting, all at the push of a button; it's pretty frickin' amazing how well this technology works, providing you with the best of both worlds.

The SS trim takes everything that's commendable about lesser Camaros and cranks it up, giving you more speed, sound and style. Sure, it may not be a perfect car, with several critical vulnerabilities, but is it ever fun!

THE CHECKLIST | 2016 CHEVROLET CAMARO SS

THE BASICS

Engine: 6.2-litre V8
Power: 455 horsepower
Transmission: Six-speed manual
Price: Starts at $44,750, including destination

LOVE IT

- Aggressive styling
- Driving dynamics
- Incredible power
- Throaty rumble

LEAVE IT

- Useless trunk opening
- Crippling blind spots
- Not exactly cheap

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ASK THE EXPERT

How to buy a new car

A car provides the freedom you need to get where you need to go in Metro Vancouver and beyond. Buying one can be a major financial and life decision.

But they come in many sizes, styles, conditions and prices. How do you choose the right one?

There are a few key things you should make sure you do when you're purchasing a vehicle, says Steve Morrey, a partner in the Morrey Auto Group, a family-run company based in Vancouver. The company has four specialized dealerships offering new Mazda, Nissan and Infiniti vehicles along with a huge selection of pre-owned vehicles.

Figure out what features you need

How are you going to use the car? This is a set of questions that your salesperson will ask you from the beginning to help establish your needs. Will you be driving primarily in the city, or will you be on the highway every day? Is storage space a priority? How many people should the car seat comfortably?

How long do you plan to own it? This question is important because it will determine how you'll pay for the car. If you're interested in keeping the car for many years, you might want to buy new. If you're looking to give it up within five years, consider leasing to own, or buying pre-owned.

Consider downstream costs

When you're comparing cars and payment options, make sure you look at the total cost of ownership, from the moment you take the car off the lot until the day you sell it.

A new car will drop in resale value more than a pre-owned car will, but will not have as much risk of needing expensive maintenance.

"Sometimes with a pre-owned you might be spending less up-front but the same over time," Morrey says. "Ultimately, the choice you make depends on what you're comfortable with."

Find a dealer that offers certified pre-owned cars

If you're buying a pre-owned vehicle, make sure you find a dealer that sells through a certified pre-owned program, says Morrey.

Morrey Auto accepts pre-owned cars into their program that are up to seven years old. Within the program, they offer financing from 0.9 per cent APR and extended warranties at no extra cost.

"Ninety per cent of the vehicles we sell are certified pre-owned," says Morrey. "Anything that isn't up to our standard, we won't sell. We only want cars we can stand behind."

Your dealer should not only fully inspect the vehicle. They should also perform the required service on it before you buy, Morrey says.

The Morrey team offers these services, and in addition, they'll fix the safety items on the car, such as ensuring there are no recalls.

"Since your car has been fully serviced, when you go in for your first regular maintenance, you won't find any unpleasant surprises that are due to age or mileage," Morrey explains.

Find good financing options

Car sellers that are not backed by a manufacturer are not able to offer manufacturer's extended warranties or competitive financing as low as zero per cent.

"Finding a great financing option could save you thousands of dollars in finance charges, which makes that car competitive when it's new."

Dealerships that have direct relationships with the manufacturers can offer the best financing options for new vehicles and for used vehicles through their certified pre-owned program, Morrey explains.

CONTRIBUTED

Ask to see an inspection report, maintenance history and Carproof report

A good car dealership will tell you everything you need to know about a pre-owned car, so there are no surprises.

If you're buying a pre-owned car, make sure to ask for the inspection report so you can understand the current state of the car and its components. You'll also want to know what's been done to the car since it was purchased new, so request the maintenance history.

The Carproof Vehicle History Report shows the car's accident and registration history, so you can tell if it's been registered outside B.C., or if it's been in an accident and how much damage was done.

A reputable car dealership will make sure you get these documents.

In contrast, if you buy a used car for sale by owner online, you're buying it as-is, and taking a greater risk.

Develop a relationship with your car dealership

One of the most important decisions you can make when buying a car is to choose the right people to work with.

"We have a preferred service plan available for customers when they buy a new car. It gives them free oil changes, free loaner cars when they come for service, and any time they want they can drop by any of our locations and get their car washed for free — for as long as they own the car," says Steve Morrey, partner in the Morrey Auto Group, a group of four car dealerships across Metro Vancouver.

The Morrey team will introduce a new car owner to the service manager and team, so they know who to call if they need anything done on their car.

The group also has a team whose sole responsibility is to call up clients to remind them that their vehicle is due for its next maintenance appointment, part of the company's commitment to providing quality service. The company's service departments and body shop are open six days a week.

"The best car dealerships today are looking to develop long-term relationships based on trust and professionalism," says Morrey.

For more information, visit morreyauto.com.

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10Best CAR and DRIVER 2016

GT model shown

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GT model shown

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CAR AND DRIVER
2016 EDITORS' CHOICE
COMPACT CROSSOVERS/SUVS

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▼0% APR Purchase Financing is available on select 2015/2016 Mazdas. Terms vary by model. Based on a representative agreement using an offered pricing of $25,015 for the new 2016 CX-5 GX (NVXK66AA00), the cost of borrowing for a 48-month term is $0, monthly payment is $521 and total finance obligation is $25,015. ‡No charge in-dash navigation offer valid on purchase, finance or lease of select new and unused 2015 and 2016 Mazda models. Program is valid only on vehicles that are sold, registered and delivered between May 3 – 31, 2016. **Note:** In the event the selected model is pre-equipped with navigation, or selected model is not equipped for navigation, customer may substitute a cash discount of $425 ($705 for 2015 CX-9). Cash discount substitute applied before taxes. Some conditions apply. See dealer for complete details. **Note:** Navigation offer not available on 2015/2016 Mazda5 models – cash discount substitute of $425 can be applied. Ω$500 Signing Bonus is available on retail purchase, finance or lease of all new, in-stock 2015 and 2016 Mazda models from May 3 – 31, 2016. Signing Bonus will be deducted from the negotiated price before taxes. See dealer for complete details. †Based on a representative example using a finance price of $22,715/$24,665/$17,270 for the 2016 CX-3 GX (HVXK86AA00)/2016 CX-5 GX (NVXK85AA00)/2016 Mazda3 G (D4GK66AA00) at a rate of 2.99%/1.99%/1.99% APR, the cost of borrowing for an 84-month term is $2,488/$1,767/$1,281, weekly payment is $69/$72/$49, total finance obligation is $25,203/$26,282/$19,051. Taxes are extra and required at the time of purchase. All prices include $25 new tire charge, $100 a/c charge where applicable, freight & PDI of $1,695/$1,895 for Mazda3/CX-3, CX-5. As shown, price for 2016 Mazda3 GT (D4TL66AA00)/2016 CX-3 GT (HXTK86AA00)/2016 CX-5 GT (NXTL86AA00) is $27,470/$31,315/$37,215. PPSA, licence, insurance, taxes, down payment (or equivalent trade-in) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and Finance on approved credit for qualified customers only. Offers valid May 3 – 31, 2016, while supplies last. Prices and rates subject to change without notice. Visit mazda.ca or see your dealer for complete details. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca.

metro SPORTS

Maria Sharapova's appeal of her two-year doping ban to the Court of Arbitration for Sport will be ruled upon next month ahead of the Olympics

Farewell, Mr. Hockey

GORDIE HOWE

Thousands pay respects at Joe Louis Arena

Old hockey gloves, jerseys and framed photos were displayed on one side of Gordie Howe's flower-draped coffin, friends and family members were seated on the other.

Standing nearby were some of hockey's biggest names — Wayne Gretzky, Scotty Bowman and Steve Yzerman, to name a few — who swapped stories and shared memories of the man known as Mr. Hockey.

> **He's the nicest man I ever met.**
> Wayne Gretzky

"Somebody said it best this morning that (Jean) Beliveau, the Rocket (Maurice Richard) and Gordie — they were the three people that probably could change a hockey rink into a cathedral," Gretzky said. "And when you walked in, it was more like a church today. It's really special."

The Joe Louis Arena doors opened Tuesday morning for the 12-hour public visitation to honour Howe, who died Friday at age 88.

A steady stream of fans and well-wishers shuffled slowly down a red carpet toward Howe's coffin for the chance to say goodbye to the man many consider the greatest player ever.

"There won't be another equal to Gordie Howe in my mind," said Red Wings fan Jim McIntyre of Chatham, Ont.

Howe was a star forward for the Red Wings during much of his NHL career, which started in 1946 and ended in 1980. Howe, born in Floral, Sask., played 32 pro seasons and won both the Art Ross Trophy as top scorer and Hart Trophy as MVP on six occasions.

But he could do much more than score. Howe was quick with an elbow and was as tough as nails. Opponents crossed him at their peril.

It was in stark contrast to his style off the ice. Howe was soft-spoken, friendly and had a gentle demeanour.

"Wherever I go — anywhere in the world — and people talk about the Red Wings, they talk about Gordie Howe," Yzerman said. "They really do."

Howe set NHL marks with 801 goals and 1,850 points. Those records were eventually eclipsed by Gretzky.

"He's the nicest man I ever met," said Gretzky, his voice cracking with emotion. "I've been lucky in my lifetime. I got to be part of hosting the Queen, my wife and I got to meet Pope John Paul, I got to light the torch at Vancouver at the Olympic Games and they're all great honours.

"But when the boys asked me to be a pallbearer today, it was pretty special."

Bowman was also among the pallbearers along with former Detroit Tigers outfielder Al Kaline.

Howe's funeral, which will also be open to the public, is set for Wednesday at Detroit's Cathedral of the Most Blessed Sacrament. THE ASSOCIATED PRESS

Mourners and fans paid their respects to Mark Howe, at the visitation for his father Gordie Howe (inset), at Joe Louis Arena on Tuesday in Detroit. BILL PUGLIANO/GETTY IMAGES

EXPANSION

Vegas in NHL, if it plays its cards right

The NHL is ready to roll the dice on Las Vegas.

A person with direct knowledge of the NHL's decision says the league has settled on Las Vegas as the home for its next expansion franchise, provided organizers can come up with a $500 million fee.

The person spoke Tuesday on condition of anonymity because details of the plans have not been released by the league ahead of its Board of Governors meeting on June 22 in Las Vegas. Quebec City was also strongly considered for expansion.

A second person who had been briefed on the decision said Las Vegas was a "done deal" following the recommendation of the NHL's executive committee.

The Vegas franchise is expected to begin play in the 2017-18 season, which is the earliest the league could expand, according to a third person who has been briefed on the decision.

The franchise would be the NHL's 31st team and the first major professional sports franchise in Las Vegas.

THE ASSOCIATED PRESS

IN BRIEF

Big debut for Iceland

A goal from Birkir Bjarnason earned Iceland a shock 1-1 draw with Cristiano Ronaldo's Portugal on Tuesday at the European Championship in Saint-Etienne, France, the tiny Scandinavian nation's first-ever match at a major tournament.

Iceland was second best for most of the Group F game and trailed to a first half strike by Nani.

THE ASSOCIATED PRESS

Blue Jays pummel Philly

Josh Donaldson hit a grand slam while driving in five runs and Marcus Stroman pitched seven strong innings as the Toronto Blue Jays blew out the Philadelphia Phillies 11-3 Tuesday.

Donaldson went 3-for-4 with two doubles and the slam while scoring three runs. He feasted off Phillies starter Zach Eflin (0-1), who was making his MLB debut.

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RECIPE Lemon Linguini

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Summer doesn't have to mean forgetting all about pasta for three months. This elegant linguini dish is zingy from citrus, yet has a light, creamy texture.

Ready in
Prep time: 10 mintues
Cook time: 10 mintues

Ingredients
- 1 500 gram package of linguini
- 3 lemons, juiced
- 1 lemon, zested
- 6 Tbsp olive oil
- 1 1/2 cup Parmesan cheese, grated
- handful of basil, washed and sliced into strips
- salt and pepper to taste

Directions

1. Cook pasta according to package instructions. Scoop out about a cup of the cooking water before draining and set aside.

2. While pasta is cooking mix together lemon juice, zest, oil, Parmesan in a small bowl.

3. Place drained pasta back into the pot. Pour the sauce over the pasta and toss well until the cheese melts and each strand of pasta is well coated. You can add a bit of cooking water if you need to loosen up your sauce.

4. Add in the basil and toss again. Serve with a sprinkle of Parmesan

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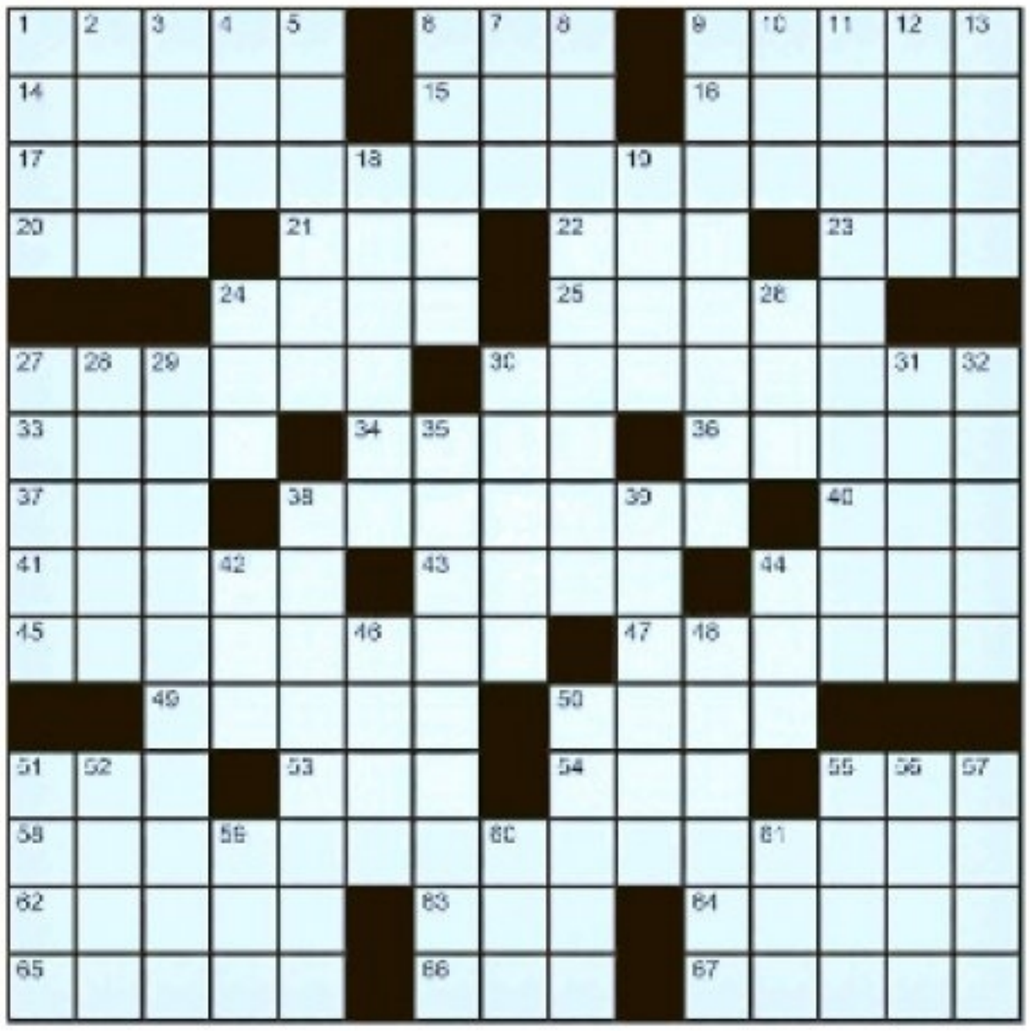
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cary of "The Princess Bride" (1987)
6. Research _
9. Honolulu parties
14. Saskatchewan town south of Prince Albert
15. WWW address
16. Accepted practice
17. Promptly-pallid plane passenger props: 3 wds.
20. Ottawa gr.
21. Never: German
22. Bill the Cat's exclamation in comics!
23. "Zoolander" (2001) star ...his initials-sharers
24. 'A' in CIA [abbr.]
25. Hot chocolate
27. Arbitrate
30. Defeated
33. 'Confl' - 'Contrad' - 'Constr' completers
34. Scarce
36. 'Your' in French
37. "Well, _-di-dah."
38. The current Mayor of Montreal, Denis _
40. 'Absorb' suffix
41. For _ _ see (Open for the public)
43. Flower shop piece
44. Creamy cheese
45. Washes
47. Bellowing burro
49. Exclusive circle
50. _ Canal
51. Mtl. football players
53. Alternatives
54. Calgary Stampeders org.
55. Sugar amt.
58. Elusive quest for explorer Juan Ponce de Leon: 3 wds.
62. Think alike
63. Asphalt
64. Had
65. Clarinetist's stash
66. "_-haw!"
67. Tide types

DOWN
1. Mr. McGregor
2. _-back (Relaxed)
3. TV sitcom radio station
4. Lou Grant's portrayer ...his initials-sharers
5. Golfing tee-off moves
6. Great Big Sea song that goes "... boat is painted green / Ha, me boys!"
7. Prince Valiant's son
8. Stadium seats waaaay out there
9. Canada's Capital Region... Geological passage-of-marble attraction in Gatineau Park: 2 wds.
10. Computer's lettered port
11. _ _ _ _ (Item to help power up a TV remote control)
12. Australian boots
13. Legis. meeting
18. Roman orator
19. Bulk-carrying barge
24. Three-toed sloths
26. Motto of Montana, _ y Plata (Gold and Silver)
27. Lavender
28. "_ _ Your Name" by The Beatles
29. Sporty style
30. Financial officer, e.g.
31. Bert's muppet pal
32. Discourage
35. Hardship
38. Implies
39. Bluntly reject
42. Shoe hue
44. Director Mr. Luhrmann
46. "..._, whatever will be, will be..."
48. Turn to for trusty support: 2 wds.
50. Mark with notches
51. "_ _ Off Place" (1993) starring Reese Witherspoon
52. Private box at the theatre
55. Bluefin _
56. Footprint
57. High degs.
59. Mr. Bellamy
60. Scot's 'no'
61. Have debts

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your communication skills are fabulous today. In fact, you can make money with your words, which is good news for those of you who sell, market, write, edit, teach and act.

Taurus April 21 - May 21
This is an excellent day for business and finance. In fact, all financial negotiations will be favorable to you. Shop for beautiful things for yourself and your loved ones.

Gemini May 22 - June 21
Because everyone is laid-back and mellow today, you will get along easily with all your contacts. You might be attracted to the arts and/or buy beautiful things.

Cancer June 22 - July 23
Solitude in beautiful surroundings will please you today. You want to mellow out; at the same time, you want to appreciate the beauty around you.

Leo July 24 - Aug. 23
You will enjoy entertaining at home today. Likewise, you will enjoy redecorating your home, because you want everything to be comfy, cozy and inviting!

Virgo Aug. 24 - Sept. 23
Relations with daily contacts are excellent today, because you are so charming. Enjoy talking to siblings, relatives and neighbors. This is also a good day for writers.

Libra Sept. 24 - Oct. 23
You love beautiful surroundings, and today you will want to buy beautiful things for your surroundings. On the whole, this is a good day for financial matters.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, dancing beautifully with fair Venus. This promotes all your relations with others and stimulates your interest in the arts.

Sagittarius Nov. 23 - Dec. 21
It will benefit you to work alone or behind the scenes today, even if you're dealing with members of the general public. Quite likely, whatever you do will work out well.

Capricorn Dec. 22 - Jan. 20
Relations with a female acquaintance will be positive today. Someone might give you tips on how to improve your health.

Aquarius Jan. 21 - Feb. 19
You shine in the eyes of others today, especially bosses, parents, teachers, VIPs and the police. Because people think so highly of you, use this to your advantage!

Pisces
Feb. 20 - March 20
Travel for pleasure appeals today. In fact, any opportunity to enjoy beautiful places or arts and crafts of other countries will delight you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8	2	7	9	6		
	6						5	
4				6				9
6				1				3
8	2			3	5	4		7
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2								5
	1			5			4	
		7	3	8	6	1		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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4	8	3	5	2	6	1	9	7
5	1	9	7	3	8	4	6	2
6	7	2	1	9	4	8	3	5
1	6	7	4	8	5	3	2	9
9	3	8	6	1	2	7	5	4
2	5	4	9	7	3	6	8	1
8	2	1	3	4	9	5	7	6
3	4	5	2	6	7	9	1	8
7	9	6	8	5	1	2	4	3

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